



Fleet & Family Support Center

Meeting Your Needs. At Home. At Sea.

Weekly Highlight

Personal Improvement

Anger Management (FFSC Conference Room)

Thursdays, 8 sessions, Jan 12/19/26 & Feb 2/9 /16/23 & Mar 1, 1400-1530

Stress Management (FFSC Conference Room)

Tuesdays, 4 sessions, January 24/31 & Feb 7/14, 1000-1130, Bldg 1169

Win-Win Conflict Resolution (FFSC Conference Room)

Wednesdays, 4 sessions, Jan 11/18/25 & Feb 1, 1400-1530, PH Bldg 1169

Sexual Assault Victim Intervention (SAVI) Advocate Training

Tuesday – Friday, February 21-24, 0800-1600, PH Bldg 1169, Room 2

Couples Massage for Stress Management *Bring a partner & a towel*

Tuesdays, 4 sessions, Jan 17/24/31 & Feb 7, 1800-1930, PH Bldg 1169 Rm 2

Professional Development

Command Sponsor Training

January 26

Thursdays, 1300-1400, PH Bldg 1169, Room 2

Transition Assistance Program (Separatees)

January 23-26

Monday – Thursday, 0730-1600, PH Bldg 1169, Room 1

Civilian Attire/Bring Medical Records on Monday

Playgroups

Thursdays: weekly

1100-1200, Port Hueneme Chapel

Tuesdays: weekly

1000-1200, Point Mugu Chapel

Financial Management

How to find **LOANS** or **SCHOLARSHIPS** for College

Tuesday, 24 January, 1800-2000, PH Bldg 1169, Room 1

Understanding Your Credit Report

Thursdays, Jan 26 & Feb 16, 0900-1100, PH Bldg 1169, Room 2

Build Wealth Not Debt <i>Hands on computer learning. Limited enrollment.</i> <i>Learn how to use a web based financial planning worksheet at home</i>
January 23
Mondays, 1300-1600, PM Bldg 225, Computer Lab

Investing
Wednesday, January 18 & 25, 1300-1600, PM Bldg 225

New Parent Support

Birth Basics
6 Wednesday Sessions January 25, 1800-2000 PH Bldg 1169, Room 2

General Parenting (ages 5-12)

Wednesdays, 4 sessions, Jan 11/18/25 & Feb 1, 1500-1630, Bldg 1169, Rm 2

1-2-3 Magic (ages 5-12) *A humorous look at parenting, a serious look at discipline.*

Tuesdays, 3 sessions, Jan 24/31 & Feb 7, 1400-1530, PH Bldg 1169, Rm 2

New Mamas! Support for expectant moms through baby's first year
Wednesdays: weekly 1130-1230, PH Room 2

Food Distribution

January 21, 2006

0900-1400

Port Hueneme Bldg 19

Requirements:

Active Duty E-6 and below, or their spouses, Custodian of a child who's family is an Active Duty personnel on deployment.

Only one issue per family.

Bring your own laundry basket!

Please Call to Register

982-5037